



## Building Resilience in Kids

A program for parents, grandparents and carers

- Developing resilience in our kids.
- Connect with other parents.
- Looking after our family's  
Mental Health & Well Being.

**DATE:** Wednesday 3rd November 2021

**TIME:** 10.00am to 11.30am

**WHERE:** Online via Zoom

**COST:** FREE

SCAN QR CODE TO REGISTER:

# PARENTZONE

For more information:  
Jasbir Singh at Parentzone  
Call / Text 0438 004 285 or email  
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